Book Review

Being You: Against All Odds

By Preethi Rai

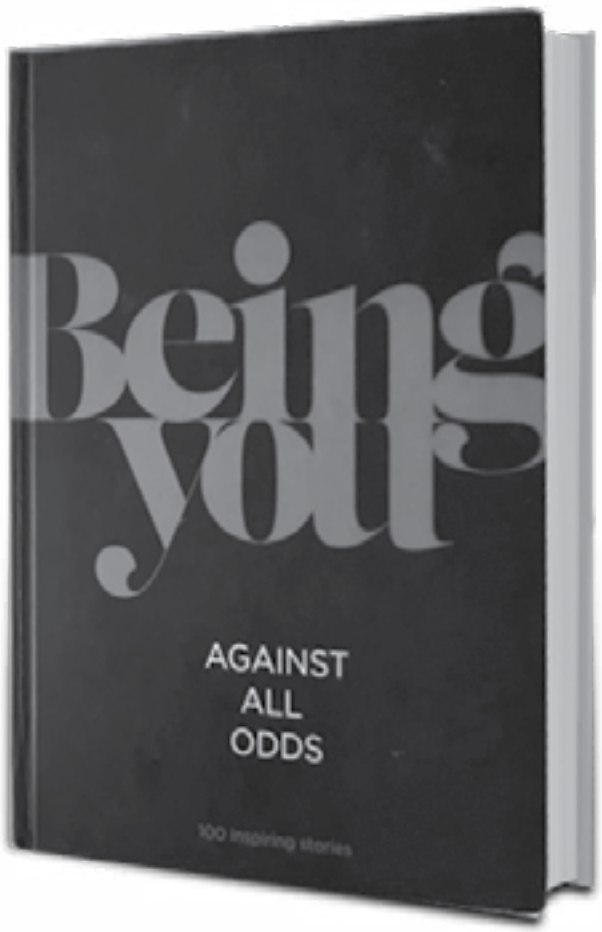
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Authors' profile

Preethi Rai is the author of the book Being You: Against All Odds. As an author, this is her debut book .The book's stories have been read by 12 million people and have been covered by all major news outlets.

Preethi is inspired by Real-life heroes and encourages her readers to focus on achieving their goals despite the odds.

Preethi is also a cofounder of Millian Smiles, a non-profit organisation, and she recently completed a project called Raising Above, a Glamour Calendar of Amputee Athletes and Artists. She is a social activist who wants to highlight the beauty of amputated limbs rather than using them as a source of inspiration.

Appreciation and Critique

'Being You' is a very unique and a beautiful book. This book comprises of a hundred different stories of people who conquered all of life's odds to live a happy and normal life.

Each story is complemented by an artfully shot photograph which captured the essence of the individual featured. The best element of the book is that each page has its own plot, which can be a flaw because it lacks coherence.

In 2006, Preethi once met Salma Shafeeq Ghori, a martyr's widow in a uberpool ride, who narrated her journey of being a wife of an Army at age of 19 to widow of a Martyr. Salma mentioned that she didn't wash her husband's uniform for more than 8 years even after his death as she wanted to hold back the feelings, the more Preethi heard the story, the more she realised that it is a story that deserved to be heard by more people. That is how the author began compiling stories of heroes from all across India and came up with the book Being You. The book tells the stories of people from various walks of life, from military combatants to Martyr families, Padma awardees to National Awardees, movie stars to common heroes in a narrative style.

The book begins with an uplifting story about a transgender man's fight for acceptance by his family and society as he rises to fame as a drag queen. And it continues with covering the painful journey of cancer activists, the haunting poverty of young entrepreneurs, the story of an entrepreneur who converts obstacles as an opportunity, the aspirations of artists, the tragic of paraplegic, motivation of parathletes, struggle of single parent, abuses faced by Nun, a son fighting with the societal norm to get her mother remarried, a story of freedom fighter spending his young age at the jail, fighting for LGBT rights and societal acceptance of homophile and many more to write.

The compassion of those who pursued traditional professions such as Jogappas, local folk dancing, and sulagitti is also covered in the book. There are narratives about Padma recipients like Salumarada Timmaka, Milka Singh,Sulgatti Narsamma, Kadri Gopalnath, and others achieving distinction in their respective fields.

This book is a collection of living inspirations that young brains should read since it will teach them essential life lessons. Each narrative aids in the development of readers mind and assists the reader in comprehending the surrounding issues so that they can act toward on the unjust societal norms.

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